

Curriculum for Summer Cyclers



Objectives:

1. Participants will understand the importance of wearing a proper fitted helmet and of maintaining a safe bicycle.
2. Participants will learn basic bike maintenance (removing front & back wheels, fixing a flat, lubricating the chain, ABC quick check before each ride...)
3. Participants will learn bicycle handling skills (mounting, stopping, steering in a straight line, changing lanes safely, making turns, dodging road hazards...).
4. Participants will understand the basic rules of the road in order to become a better driver of a bicycle.
5. Participants will learn how to be legal, visible and predictable while riding in traffic.
6. Participants will understand the criteria for the selection of an effective and safe biking route.

Day 1: Bike Safety & Rules of the Road for Bike Paths

How to fit a helmet properly?

How to maintain a safe bike: ABC quick check before each ride, lubricating the chain

Basic bicycle handling skills:

mounting, starting and stopping, balancing with control and steering in a straight line, riding on the right with traffic flow, passing on the left.

Group Ride: on multi use path

Day 2: Road signs, hand signals, how to be legal, visible & predictable

Hand signals for stopping and turning.

Identify and know the meaning of standard road signs.

Bicycle handling skills: scanning, signaling and turning

Removing the front wheel and fixing a flat

Group Ride: longer multi use path and road with right turns only

Day 3: Road signs, driveway, intersections, turns

Exit a driveway in either direction and yield to cross traffic
Proper scanning and signaling, changing position in a lane of travel
Bicycle handling skills: scanning, signaling and turning
Removing the back wheel, what is a derailleur?

Group Ride: road ride with driveway exit, intersections, right turns

Day 4: Road hazards, quick turns, left turns in traffic

What the three types of road hazards and the major causes of bike crashes?
How to execute emergency stops and quick turns?
How to execute a rock dodge maneuver?
Review bicycle handling skills for a proper left turn in traffic

Group Ride: road ride with right and left turns and surface hazards.

Day 5: Choose a fun and safe biking route and enjoy the ride!

How to read a biking map of Santa Barbara and plan a safe itinerary
Last minute review, quick bike check...
Participants will demonstrate riding proficiency in traffic and they will receive a Skills and Safety certificate by the League of American Bicyclists

Group Ride: celebratory ride

Sponsor: Bici Centro

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